

# Managed Occupational Health Limited

Date: 17 March 2020

Our ref: CJS/MKC/



## COVID-19

Yesterday the Government updated its advice regarding the measures required to bring more effective control on the Covid-19 outbreak. This is summarised as follows:

<p>* If one member of your family or household has a new continuous cough or high temperature</p> <p>** If you live alone and you have a new continuous cough or high temperature</p> <p>*** If you live alone and you have a new continuous cough or high temperature Or anyone eligible for a flu jab</p>								
Summary of Advice								
Group/ action	Wash hands more often & thoroughly	Household-isolation for 14 days*	Self-isolation for 14 days**	Social mixing in the community ***	Having friends and family to the house	Use remote access to NHS and essential services	Vary daily commute and use less public transport	Home working
0-69	Yes	Yes	Yes	Advised against	Advised against	Advised	Advised	Advised
70+	Yes	Yes	Yes	Strongly advised against	Strongly advised against	Strongly advised	Strongly advised	Strongly advised
Member of vulnerable group of any age with an underlying medical condition	Yes	Yes	Yes	Strongly advised against	Strongly advised against	Strongly advised	Strongly advised	Strongly advised
Pregnant Women	Yes	Yes	Yes	Strongly advised against	Strongly advised against	Strongly advised	Strongly advised	Strongly advised
Those with serious underlying health conditions	As above, but further bespoke guidance will be provided by your GP next week							

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## Fitness for work

**This advice does not mean that people cannot or should not be working.** Where possible it is advised that home working is best to reduce exposure. However, **that does not contraindicate actually working (including in an office) provided the previously promulgated precautions with regard to social distancing, hand washing etc., are adhered to.** Issues around commuting though would need to be taken on a case by case basis.

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There will be cases where individuals require enhanced 'shielding'. They will be personally contacted by the NHS so that appropriate action can be taken to support them. This advice will be updated further in due course.

Yours faithfully,

**Dr Christopher J. Stoot** MBBS MFOM DIH DAvMed  
Chief Medical Officer  
Consultant Occupational Physician

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